



Senior NEWS

301-258-6380 *August 2007*



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

"Titanic" at Toby's Dinner Theatre, Columbia, MD



Date: Wednesday, Sept. 5

Depart: 9:30 a.m. **Return:** 4 p.m.

Fee: \$41 (includes transportation, show, buffet and tip)

Deadline: Wednesday, Aug. 1

This musical not only deals with man's often misguided faith in technology but the class system of the Edwardian Age and the quest for the American dream.

Minimum: 20 **Maximum:** 33

We are pleased to again offer classes through the

Montgomery College Lifelong Learning Institute

TAI CHI I

M, W & F, 10-11 a.m.,
Sept. 17 - Dec. 21 (40 sessions)

TAI CHI II

M, W & F, 11-noon,
Sept. 17 - Dec. 21 (40 sessions)

All above:

No classes on Oct. 19 & 22 and
Nov. 12, 23

Activity Center at Bohrer Park

BASICS OF LANDSCAPE PHOTOGRAPHY

Tuesdays & Thursdays,
Sept. 11 - Oct. 9

Tuesdays 2 - 4 p.m.,
Sept. 11, 18, 25 and Oct. 2 & 9
Thursday field trips 8-10 a.m.,
Sept. 13, 20, 27

Gaithersburg Business Training
Center (across from City Hall)

WAR AND THE MEDIA

Saturdays

Sept. 15-Nov. 3 (8 sessions)
10 - 11:30 a.m.

Activity Center at Bohrer Park

WATERCOLOR I

Tuesdays,

Sept. 18 -Nov. 6 (8 sessions)
9:30 - 11:30 a.m.

Youth Center at Robertson Park

DEVELOPING YOUR WATERCOLOR STYLE

Wednesdays

Sept. 19 - Nov. 7 (8 sessions)
2 - 4 pm

Gaithersburg Upcounty Sr. Center

Mark Your Calendar

SEPT. 3

Senior Center Closed
Trip to Renaissance Festival

SEPT. 5

"Titanic" at Toby's

SEPT. 16

Kalorama House/Embassy
Tour

SEPT. 19

Normandy Farms High Tea

SEPT. 20

Museum of Civil War
Medicine and Walkerville RR

OCT. 1

"Putting on the Ritz" at
LaFontaine Bleu

OCT. 17

Flu Shot Clinic

NOV. 1

"Dreamgirls" at Tobys

**Registration forms and fee information are available at the
Senior Center front desk. Please call 301-258-6380.**

DIRECTOR'S UPDATE

Dear Members,

Just a reminder that renovations to our Center will be underway and are planned to be completed near the end of November. The work will be done during the evenings and on weekends, so the intention is that little or no interruption will affect our programming. However, even with the best of intentions, flexibility and patience will be needed and appreciated.

Have you met Jerry Hoehn? Jerry works for the Montgomery County School System during the year and we are very fortunate to have him on board with us this summer. Jerry is married and his youngest son is getting ready to go off to college this fall. We call Jerry the 'Man for all Seasons' because he has so many talents! He especially loves working with seniors and looks forward to meeting as many of you as possible.

Our Center enjoys several partnerships allowing us to provide high caliber programming which is instructed by professionals who excel in their fields. Examples would include the Stability Ball and Weight Training classes through Suburban Hospital. Another is through a partnership with Montgomery College which was initiated several months ago and has had excellent member participation. We have expanded the programming for the fall. Please look over this month's newsletter to learn more, and should you have any questions, please do not hesitate to ask Denise Mornini or myself and we will try to assist you.

Enjoy!

Grace

ACTIVITIES

"Good Queen Bess"

Performed by Mary Ann Jung

Wednesday, Aug. 8

12:45 p.m.

England's Golden Age was named in honor of its greatest Queen, Elizabeth Tudor. This brilliant leader was the first female to rule England alone and successfully with her immense intelligence, charm, and the ability to compromise. See this show as a preview to the Renaissance Festival!



My Big Fat Greek Senior Center Party

Wednesday, Aug. 1

Fee: \$5



10 a.m. - Noon

(Movie: "My Big Fat Greek Wedding")

1 - 3 p.m.

Dancing & Light Refreshments

Come for the movie, and then get zesty! Entertainment will be provided by Bouzouki Nights who will play Greek, big band, swing, oldies and ethnic music. Optional: wear a toga and laurels, come dressed as your favorite god or goddess, or dress up in Greek colors (blue and white).

Deadline: Monday, July 30

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

The Senior News is Online!

You can now read the
Senior News online.

Visit the City site:
www.gaithersburgmd.gov

WELLNESS PROGRAMS

Learn About Shingles

Wednesday, Aug. 22

12:45 p.m.

Shingles is a disease caused by the same virus that causes chickenpox. After you have had chickenpox, the chickenpox virus remains inactive in your body in certain nerves. If the virus does become active again, usually later in life, it causes Shingles. Dr. Shama Mittal, who practices Internal Medicine and Pediatrics will talk about the symptoms, risk factors and treatment of this painful disease.

Because we will provide handouts, please register for this lecture on the program sheet.

Minimum: 10 Maximum: 25

Donations Needed:

Yarn, embroidery thread and throw pillows in good condition

Meditation

Wednesdays

AUGUST 8, 15, 22 & 29

11 a.m.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wed., August 22

Time: 10:30 a.m. – noon

The Nurse Is In!

Fridays

9 a.m. - 3 p.m.

Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.



You can meet with the nurse.

Nurse is off Aug. 24.

AUGUST '07 Activities with Gaithersburg Chapter #5358 of AARP

---- Tuesday., August 14 Monthly Meeting ----

Because of renovations at the Center, the community service portion of our monthly meeting will be held earlier than usual, from 2 – 4 p.m. at the Senior Center. Then we will move to the Casey Barns Community Center for our dinner, business meeting and entertainment program. (810 S. Frederick Ave. in Gaithersburg, near intersection of Rte. 355 & Shady Grove Road) We can provide rides.

2 – 4 p.m. Community Service Project at Senior Center. School Supplies for Needy Children.

We are requesting donations to help fill 80 back packs with all needed supplies. They will be given to school counselors at local schools for distribution to children whose families are unable to provide the required school supplies. Join us in filling the book bags.

5 – 8 p.m. Dinner, business meeting and program at Casey Community Center.

5:30 p.m. Dinner BBQ chicken and ribs, vegetables, salads, choice of drinks and desserts (\$9).

6:10 p.m. Participate in our brief business meeting.

6:40 p.m. Program (FREE): The Bethesda Little Theater will sing, dance and entertain us in a program called **Remembering the 30's**; the music is from 1935-1939.

Registration for program and dinner/game payment is required by 2 p.m. on Mon., Aug. 13.

CHAPTER TOUR GROUP:

Sept 4 - 9: Annual AARP Life @50+ Annual Meetings in Boston. We will travel by train, attend evening concerts, choose from many free programs and activities set up by AARP and go on optional tours AARP is offering. (\$682 excluding meals and optional tours). **Contact us now.**

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Dr., Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

August Birthdays



1	Thomas Ransom
3	Albert Smith
4	Mrudula Parekh
5	Katie Reines
7	David Schwartz
8	Josinder Kaur
9	Mary Hebron
10	Eleanor Karakashian
10	Helen Root
13	Chui Lee
15	Il Hwan Chong
15	Luzmila Fernandez
15	Hemalatha Katragadda
16	Pat Faith
16	Juana Papel
16	Donald Thompson
18	Ravi Singh
19	Carol A. Tussey
23	Elizabeth Debelius
24	Dr. Muneendra Kumar
24	Julia Marks
24	Dan Altman
25	Ellen Selby
26	Ceferina Santos
27	Mary Lou Habib
28	Eleanor Gray

Celebrate August 30



Singing Seniors

Will perform at Asbury Methodist Village on Wed., Aug. 1 and at Sunrise Assisted Living on Thursday, Aug. 2.

Meet to practice on Wednesdays Aug. 8 - 29 at 11 a.m.

Computer Classes



Free

TUESDAYS & FRIDAY

10 a.m. – noon (1 hour sessions)

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

COMPUTER LAB 101

Mondays, 2 - 3 p.m.

Do you know how to use the mouse, "Copy & Paste", navigate a webpage, research on the internet or use a digital camera? Get results! Bring your questions to Bruce and challenge yourself in this new internet and computer lab.

Crafts for Children's Inn at NIH will not meet in August.

Ballroom Dance classes will return in September.

Core & More

Free

Mondays and Fridays
3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.



Yoga Adapted for Seniors

Dates: Tuesdays, Aug 28 – Nov. 13 (12 sessions)

Time: 11 a.m.

Fee: \$36

Yoga poses and sequences in this class will be done on mats, seated, and standing next to chairs. You will increase your range of motion, improve your posture, and gain better balance.

Minimum: 10 **Maximum:** 20

Intermediate Pottery

Dates: Wednesdays,

Aug. 15 - Oct. 3 (eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6 **Maximum:** 8



Belly Dance and International Movement

New



Dates: Fridays, Sept. 7 – Oct. 26 (eight sessions)

Time: 11 a.m.

Fee: \$20

Colleen Hood will bring music, scarves that jangle to tie on your hips, and a desire to share her love of this art form. You'll tone up as you move in new ways to lively music.

Minimum: 10 **Maximum:** 25

CLASSES

* **Late joiners are welcome!**

Learn to play MAH JONGG

Dates: Fridays, Aug. 3 – 31
(five sessions)

Time: 10:30 a.m.

Bobby Rosenfeld will explain how this game of tiles is played.

Maximum: 4

Learn to Play Pool

Wednesdays

10 a.m.

Marshall Armstrong will help you learn the rules of the game and "house etiquette".

Genealogy

Date: Monday, Sept 10

Time: 11 a.m.

Fee: \$8

Learn what items to include in a family history prepared by you. Feel free to join even if you missed earlier classes.

Minimum: 6 **Maximum:** 12

Beginning English *

Dates: Tuesdays - FREE

Time: 11 a.m.

Basic English instruction incorporating listening and pronunciation activities led by Lisa Bonvillain.

Conversational English *

Dates: Tuesdays - FREE

Time: 12:30 p.m.

Participants discuss a range of topics. All levels accepted. Help and support from instructor and peers.

Minimum: 10 **Maximum:** 20

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers

Tuesdays at 9 a.m.

Quilting Work Session

Fridays at 1 p.m.

Bring your own materials and equipment. Share experience and ideas.

Book Discussion

Thursday, Aug. 23

2 p.m. Free!

Call 301-258-6380 for title and author.



AARP - 55 Alive:

Mature Driving

Dates: Friday, August 17 & 24

Time: 2:30 – 6:30 p.m.

Fee: \$10

◆ Learn to handle adverse driving conditions and traffic hazards.

◆ Learn about the effects of aging and medication on driving.

◆ You must attend both days.

Some automobile insurance companies give you a discount.

Minimum: 10 **Maximum:** 25

Class Location Change!

Starting August 16, the Tuesday and Thursday Vietnamese Longevity Stick (8:30 a.m.) and Energize (9 a.m.) classes will meet at the Activity Center at Bohrer Park. These are designed for the active senior who prefers a high intensity workout.

The following classes are sponsored by the

J. B. & Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program

All classes taught by certified personal trainer: *Matt Rundell*

Weight Training

Dates: Wednesdays, Sept. 5 – Nov. 28 (no class on 10/17)
12 sessions

Time: 12:30 p.m. **Fee:** \$15

Build bones and become stronger using hand weights.

Minimum: 10 **Maximum:** 20

Flexible Strength

Dates: Wednesdays, Sept. 5 – Nov. 28 (no class on Oct. 17)
12 sessions

Time: 1:15 p.m. **Fee:** \$15

This class blends strength with flexibility, endurance, balance, coordination, and concentration.

Minimum: 10 **Maximum:** 20

Stability Ball

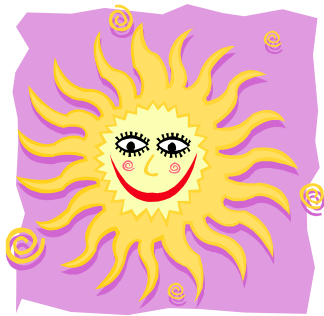
Location: Activity Center/Bohrer Park

Dates: Thursdays, Sept. 6 – Nov. 29 (no class on Nov. 22) 12 sessions

Time: 10:30 a.m. **Fee:** \$12

Provide your own ball, or buy one from Matt. Learn how to use the ball to strengthen your core muscles. Free bus transportation will be available from the center leaving at 10 a.m. and returning by noon.

Minimum: 10 **Maximum:** 20



The Gaithersburg Upcounty Senior Center

AUGUST 2007

www.gaithersburgmd.gov



Gaithersburg
301-258-6380

Calendar of Events

Sunday

Fitness Levels for Exercise Classes

Do you wonder whether you should try some of the classes we offer? Now you can make a determination based on your own fitness level and preference of workout intensity by checking below.

M, W & F

9am Exercise= High Intensity

10am Exercise= All Abilities

M & W

11am Step 2 Music= Gentle

M & F

3 pm Core & More = High Intensity

Monday

Tu & Th

8:30am Longevity Stick= High Intensity

9am Energize= High Intensity

10 am Chair Exercise= Gentle

Tu

11 am Yoga = All Abilities

Th

11 am Ritmo Latino = All Abilities

Tuesday

Wednesday

1

9am Exercise

10am Exercise

10am Int. Pottery

10am Movie

10am Learn Pool

10:15am Singing Seniors to Asbury

1pm Crochet



Thursday

2

8:30am Longevity Stick

9am Energize

9:30am Poker

10am Chair Exercise

10:15am Singing Seniors to Sunrise

11am Ritmo Latino

12:30pm Bridge

12:45pm Hispanic Book Club

Friday

3

9am Exercise

10am Exercise

10 am Computer Help

10:30am Watercolor

10:30am Learn Mah Jongg

12:50pm Bingo

1pm Quilting

3pm Core and More

Trip to Brookside Gardens

Nurse is In
9 a.m. - 3:00 p.m.

Saturday

4

5

6

9am Exercise

10am Exercise

11am Step 2 Music

11am Stroke Support

11am Fiber Lecture

12:30pm Mah Jongg

12:50pm Bingo

2pm Embroidery

2pm Computer 101

3pm Core and More

7

8:30am Longevity Stick

9am Cross Stitch/Knit

9am Energize

9:30am Poker

10am Computer Help

10am Chair Exercise

11am Beg. English

11am Yoga

12:30pm Bridge

12:30pm Conversation Eng.

1pm Mah Jongg

8

9am Exercise

10am Exercise

10am Int. Pottery

10am Learn Pool

11am Step 2 Music

11am Meditation

11am Singing Seniors

1pm Crochet

"Good Queen Bess"

9

8:30am Longevity Stick

9am Energize

9:30am Poker

10am Chair Exercise

11am Ritmo Latino

12:30pm Bridge

12:45pm Hispanic Book Club

LUNCH BUNCH
to Monacacy Crossing

10

9am Exercise

10am Exercise

10 am Computer Help

10:30am Watercolor

10:30am Learn Mah Jongg

11am Senior Travel

Adventures

12:50pm Bingo

1pm Quilting

3pm Core and More

Nurse is In
9 a.m. - 3:00 p.m.

11

12**13**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Book Club
 2pm Embroidery
 2pm Computer 101
 3pm Core and More

14

**Senior Center
 CLOSED
 for Senior Day
 at the
 Montgomery
 County Fair**

**15**

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Pool
 11am Step 2 Music
 11am Singing Seniors
 11am Meditation
 1pm Crochet

16

8:30am Longevity Stick*
 9am Energize*
 9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 12:30pm Bridge
 12:45pm Hispanic Book Club

*** LOCATION:
 Activity Center at
 Bohrer Park**

17

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 10:30am Learn Mah Jongg
 12:50pm Bingo
 1pm Quilting
 2:30pm 55 Alive
 3pm Core and More

*Quilters trip to
 Frederick*

*Nurse is In
 9 a.m. - 3:00 p.m.*

18**19****20**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 2pm Computer 101
 3pm Core and More

*Trip to Manassas
 Battlefield*

21

8:30am Longevity Stick*
 9am Cross Stitch/Knit
 9am Energize*
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 1pm Mah Jongg

22

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Pool
 10:30am Blood Pressure
 11am Step 2 Music
 11am Shingles Lecture
 1pm Crochet
 11am Meditation
 11am Singing Seniors

23

8:30am Longevity Stick*
 9am Energize*
 9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 12:30pm Bridge
 12:45pm Hispanic Book Club
 2pm Book Discussion

24

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 10:30am Learn Mah Jongg
 12:50pm Bingo
 2:30pm 55 Alive
 3pm Core and More

Nurse is Off

25**26****27**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 2pm Computer 101
 3pm Core and More

28

8:30am Longevity Stick*
 9am Energize*
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Conversation Eng.
 12:30pm Bridge
 1pm Mah Jongg

29

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Pool
 11am Step 2 Music
 11am Meditation
 11am Singing Seniors
 12:45pm Weather Lecture
 1pm Crochet

30

8:30am Longevity Stick*
 9am Energize*
 9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 12:30pm Bridge
 12:45pm Hispanic Book Club

*Birthday
 Celebration*

**31**

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 10:30am Learn Mah Jongg
 12:50pm Bingo
 1pm Quilting
 3pm Core and More

*Nurse is In
 9 a.m. - 3:00 p.m.*

ACTIVITIES AND TRIPS

Trip to Brookside Gardens

"Wings of Fancy - Live Butterfly Exhibit"

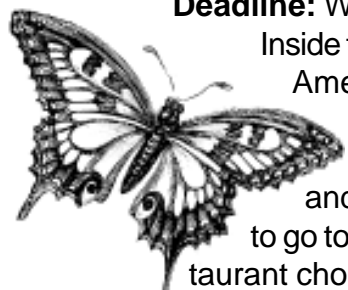
Lunch in Silver Spring's Revitalized Downtown

Date: Friday, Aug. 3

Depart: 9:15 a.m. Return: 4 p.m.

Fee: \$10 (includes transportation and entrance to exhibit)

Deadline: Wednesday, Aug. 1



Inside the conservatory Asian, Costa Rican, and North American butterflies flutter among the flora. Outside you can wander through the rose garden, fragrance garden, Japanese garden, and other formal plantings. At noon we will leave

to go to downtown Silver Spring. There are many restaurant choices. You will be free to choose a restaurant, shop, see a movie at AFI, admire art, or just people-watch. Please be back at the drop off point by 3:15 p.m.

Minimum: 20

Maximum: 33

Trip to the Renaissance Festival

Crownsville, MD

Date: Monday, Sept. 3

(Note: Center is closed for Labor Day)

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$7 (transportation only)

Deadline: Wednesday, Aug. 29

The Maryland Renaissance Festival is a recreation of a 16th century English village, set on a beautiful 25-acre wooded site. The village consists of craft and food booths, five pubs, ten major stages, a Jousting Arena and lots of games. Henry VIII and his Royal Court will visit and the village will have entertainment, crafts, food, and frivolity in his honor. It's Senior Day so you enter Free! Lunch will be purchased on your own. You will meet at the drop off point at 3 p.m. to return to the Center.

Minimum: 20

Maximum: 33



Trip to Manassas Civil War Battlefield and Lunch at City Square Café

Date: Monday, Aug. 20

Depart: 8:30 a.m. Return: 5 p.m.

Fee: \$29 (includes transportation, tour and movie, lunch, beverage, dessert and tip)

Deadline: Monday, Aug. 13

At 10 a.m. we will take the Henry Hill 45 minute walking tour (one mile loop) led by a park ranger. Back at the visitor center at 11 a.m. we will see the film "Manassas: End of Innocence", then explore the exhibits. Depart for lunch at 12:30 p.m. to the historic district of the town and eat at City Square Café (lunch choices on the program sheet.) After lunch you'll be free to visit shops, museums and the Hopkins Candy Factory Arts Center (map provided). Be at the drop off point at 3:30 p.m. to return to Senior Center. Lots of walking.

Minimum: 20 Maximum: 33

Quilters to

Needles & Pins

Lunch at Cracker Barrel

Frederick, MD

Date: Friday, Aug. 17

Depart: 10 a.m.

Return: 1:45 p.m.

Fee: \$4

Deadline: Wednesday, Aug. 15

This is a materials field trip. Each person will pay for their own materials and lunch.

Minimum: 10 Maximum: 12

Lunch Bunch

Monocacy Crossing
Restaurant

4424 Urbana Pike (Rt. 355)

Frederick, MD

Date: Thursday, Aug. 9

Depart: 10 a.m. Return: 1:45 p.m.

Fee: \$4 (transportation only)

Deadline: Wednesday, Aug. 8

This restaurant comes highly recommended for its' fine cuisine, excellent service, and Civil War setting so close to the grounds where the Confederate army was turned back in its' attempt to capture Washington, DC. You'll drive through the battlefield and then have lunch. Order from the menu (posted on the bulletin board) and pay in cash.

Minimum: 15 Maximum: 33

ACTIVITIES AND TRIPS

Senior Day at the Montgomery County Fair

Tuesday, Aug. 14

Free Admission for Seniors



Drive yourself, take a shuttle from Lake Forest Mall, or sign up on the program sheet for transportation from the Senior Center. Bus riders will be picked up as usual; there will be a stop at the Senior Center around 9:45 a.m. to pick up those who want to park at the Center; then all will be transported to the Fair. If you come on the bus we will expect you to return on the bus unless you notify staff.

Departure time from the fair will be 2 p.m.

We'll meet at the air-conditioned Heritage Garden Room for free coffee, donuts and down-home entertainment before heading out to see the animals, horticulture, games, crafts and vendors. Seating is limited.

The Senior Center will be closed so that everyone can participate in the fun.

Kalorama House & Embassy Tour

Washington, DC

Date: Sunday, Sept. 16

Depart: 10 a.m. **Return:** 6 p.m.

Fee: \$55 (includes transportation, pre-tour lecture, and brunch)

Deadline: Friday, Aug. 10 (open to nonmembers after this date)

The lecture and brunch are held in the elegantly furnished arts and crafts mansion, home of the Women's National Democratic Club. On this tour you will visit private homes, sites of diplomatic entertaining and explore the many cultures represented by ambassadors who reside in the Kalorama neighborhood. Attendees will receive a tour program with a self-guided map detailing the architecture and history of each stop. Tour will be held rain or shine. Each house is staffed with docents to answer questions.

Lots of walking!

Minimum: 20 Maximum: 33

www.gaithersburgmd.gov

"Puttin' On The Ritz" at LaFontaine Bleu

Glen Burnie, MD

Date: Monday, Oct. 1

Depart: 10 a.m.

Return: 4:30 p.m.

Fee: \$49 (includes transportation, lunch, show, and tip)

Deadline: Monday, Aug. 20 (Trip cancelled if minimum not met)

The music of George Gershwin, Cole Porter, Irving Berlin, Duke Ellington, Henry Mancini, Burt



Bacharach and Andrew Lloyd Webber are featured in this tribute to the silver screen performed by Swing City 18-piece band along with glamorous singers and glittery dancers.

Minimum: 20 Maximum: 33

LECTURES

Dietary Fiber

By Christine Williams, Nutrition Intern

Tuesday, Aug. 6 at 11 a.m.

Constipation is a frustrating fact of life for many people and it becomes more common as people age. Fiber in food can help prevent constipation. Do you know how much fiber you should have each day and what foods contain fiber to help with regularity? Come hear a presentation about how the foods you eat can help prevent constipation.



"The Summer/Fall Weather Machine: Tropical Cyclones and the Dog Days of Summer"

By Donald Lipman

Wednesday, Aug. 29

12:45 p.m.

Don's meteorological knowledge spans the Ice Age to current topics such as global warming. His first lecture with us will be seasonal, touching on hurricanes, ozone, extreme heat and its' effects.

Please register on the program sheet.

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. – 1 p.m., 6 – 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver?

Support Group will return in September!

Call 301-258-6380.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services.

Call 301-258-6380 for an appointment.

Stroke Folks

Date: MONDAYS

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes.

They meet each Monday to play games, discuss the hot topics of the day and have lunch.

Social Worker Hours

Social Worker Katie Leiser, will be here to assist with counseling and services through the end of August. Please call 301-258-6380 for an appointment.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Internal Light



**Monday, August 13 & 27
12:30 p.m.**

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

In Sympathy

Sympathy is extended to the family and friends of Maria Mangasarian who recently passed away.



Noticias de Mucho Interés para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	25 de agosto	12:45 p.m.
Tomarse la Presión	27 de agosto	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - Conversacion

Día: martes

Gratis! Hora: 12:30 p.m.

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO

LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

VIAJE AL JARDIN DE BROOKSIDE

Alas de fantasía – exhibición de mariposas vivas

Almuerzo en Silver Spring

Día: viernes 3 de agosto

Salida: 9:15 a.m. **Retorno:** 4 p.m.

Costo: \$10 (este costo incluye la transportación y entrada ala exhibición) Dentro del conservatorio usted podrá apreciar mariposas de Asia, Costa Rica y América del Norte. Afuera podrá disfrutar de la fragancia de rosas, flores y el jardín de Japón. A las 12n. iremos a almorzar al Centro de Silver Spring donde usted puede seleccionar el restaurante o comida que desee. A las 3 p.m. el bus los recogerá en el mismo lugar donde los dejó para almorzar.

Mínimo: 20

Máximo: 25

FIESTA EN EL CENTRO “MI DIA GRIEGO Y GORDO”

Día: miércoles 1º. de agosto

Hora: 4 a 6 p.m. (película mi boda Griega y gorda)

6 a 8 p.m. danza y refrescos

Venga a disfrutar de una graciosa película y fiesta. Habrá música Griega, de banda, música étnica y por supuesto de nuestros tiempos pasados. Por favor vístase con colores Griegos que son blanco y azul.

ALMUERZO EN GRUPO AL RESTAURANTE CRUZADERO DE MONOCACY

4424 Urbana Pike (Rt. 355)

Frederick, MD

Día: jueves 9 de agosto

Salida: 10 a.m.

Retorno: 1:45 p.m.

Costo: \$4 (solamente la transportación)

Fecha de vencimiento: miércoles 8 de agosto

Este restaurante está altamente recomendado por su deliciosa y exquisita comida, servicio, y recuerdos de la Guerra Civil. Primero iremos alrededor del campo de batalla, y después almorzaremos. Usted podrá ordenar del menú y pagar en efectivo por su almuerzo ese día.

Mínimo: 15

Máximo: 33

PROGRAMA DE DIVERSIDAD

Aventuras de viajes

Día: viernes 10 de agosto

Hora: 11 a.m.

Por favor traiga para compartir y mostrar sus álbumes de fotos, videos, CD's, recuerdos, etc. de todos los viajes que ha realizado y colectado en la vida. Le pedimos que le haga saber a Denise lo que traerá y así ella pueda preparar el equipo o espacio necesario.

FIBRA EN LA DIETA

Día: martes 6 de agosto

Hora: 11 a.m.

Por la Nutricionista Interna Christine Williams

La constipación es un factor frustrante en la vida para muchas personas, especialmente a las personas de mayor edad. Si usted desea aprender cuanta fibra debe consumir en sus alimentos diarios para aliviar la constipación, asista a este seminario.

RITMO LATINO

Día: jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con sabor Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. ¡No se lo pierda!

INFORMACION SOBRE TODA CLASE DE ASISTENCIA PARA PERSONAS DE MAYOR EDAD

Carol Smith se encuentra en el Centro todos los jueves para ayudarles a llenar sus formatos y proveerles información acerca de asistencia financiera, viviendas, medicare y medicaid. Este programa es auspiciado por el Departamento de Salud y Servicios Humanos. Si desea mas información ó desea hacer una cita previa, llame al (301) 258-6380.

“HOLA”

Mi nombre es Katie Leiser. Yo soy la nueva Trabajadora Social que estará reemplazando a Meggie durante el verano solamente. Estaré en el Centro dos días por semana. Mi horario estará en la oficina. Estoy ansiosa por conocer a cada uno de ustedes, y por supuesto si necesitan asistencia vengán a mi oficina.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

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Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431

AUGUST 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name _____ Telephone _____

Street _____ City/St/Zip _____

Registration begins August 6, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
22997	Intermediate Pottery	Aug. 15 – Oct. 3	\$8
22737	AARP – 55 Alive Mature Driving	Aug. 17 & 24	\$10
22993	Learn to Play Mah Jongg	Aug. 3 – 31	N/A
22995	Belly Dance and International Movement	Sept. 7 – Oct. 26	\$20
22996	Genealogy	Sept. 10	\$8
22955	Weight Training (no class Oct. 17)	Sept. 5 – Nov. 28	\$15
22956	Flexible Strength (no class Oct. 17)	Sept. 5 – Nov. 28	\$15
22992	Stability Ball (no class Nov. 22)	Sept. 6 – Nov. 29	\$12
22994	Yoga Adapted for Seniors	Aug. 28 – Nov. 13	\$36
22927	“The Summer/Fall Weather Machine”	Aug. 29	N/A
22732	My Big Fat Greek Senior Center Party	Aug. 1	\$10
22729	Trip to Brookside Gardens for	Aug. 3	\$10
	“Wings of Fancy – Live Butterfly Exhibit” Lunch in Downtown Silver Spring		
22895	Lunch Bunch to Monocacy Crossing Restaurant	Aug. 9	\$4
22731	Senior Day at the Montgomery County Fair	Aug. 14	N/A
	Bus Transport <input type="checkbox"/> Yes <input type="checkbox"/> No		
22896	Quilters to Needles & Pins/Lunch at Cracker Barrel	Aug. 17	\$4
22730	Manassas Civil War Battlefield/Lunch: City Square Café	Aug. 20	\$29
	<input type="checkbox"/> Grilled Chicken Breast sandwich <input type="checkbox"/> Veggie delight sandwich		
	<input type="checkbox"/> Cheddar Cheeseburger <input type="checkbox"/> Grilled Ham, Apple & Swiss sandwich		
23024	Learn About Shingles	Aug. 22	N/A
22733	Trip to Renaissance Festival Crownsville, MD	Sept. 3	\$7
22728	“Titanic” at Toby’s Dinner Theatre	Sept. 5	\$41
22897	Kalorama House and Embassy Tour	Sept. 16	\$55
22918	“Puttin’ On The Ritz” at LaFontaine Bleu	Oct. 1	\$49

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____

Visa/MC/Discover# _____ Exp. Date ____/____

Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____